



The Advocacy Network on Disabilities



Inclusive Recreation: Let's Play Together



**Practical Strategies
for Adapting both
Outdoor and Indoor
Activities**

What is The Advocacy Network on Disabilities?

MISSION

"The Advocacy Network on Disabilities champions the rights of individuals with intellectual, developmental, and other disabilities by promoting inclusion, providing services, and advancing systems change."

Our Services

- **FAMILY SUPPORT:** Experienced, family-friendly staff help people with disabilities and their families identify and access services.
- **ALL CHILDREN TOGETHER (ACT):** An initiative of The Children's Trust, project staff work with the organizations it funds to increase their capacity to provide quality, inclusive programs.
- **SYSTEMS ADVOCACY:** Seeking change that can help many people at once, staff works to change policies, rules or laws that determine how services are provided.

At the end of this workshop you will be able to...

- **Define Universal Design**
- **Identify the Benefits of Inclusive Recreation**
- **Make Accommodation for Children with Disabilities**
- **Develop and implement 5 inclusive recreational strategies**

To successfully complete this training and receive a certificate, you must answer a minimum of **8 out of 10 questions** correctly on the **Learning Assessment** at the end of today's session.

To receive your certificate, please visit: the website where you registered.

We welcome you to ask as many questions as you want, and to fully participate in today's activities.



ICE BREAKER





Getting to Know Me



<https://bingobaker.com/>

DICTIONARY DEFINITIONS



1. A physical or mental condition that limits a person
2. A disqualification, restriction, or disadvantage

Another Way to Look at It



- With supports and accommodations people with disabilities are often just as capable as people without disabilities
- Attitudes about disabilities, and inaccessible environments create barriers for people with disabilities.

Universal Design

Universal design is the design of products and environments to be usable by all people, to the greatest extent possible, *without* the need for adaptation or specialized design.

-Ron Mace



Universal Design for Learning



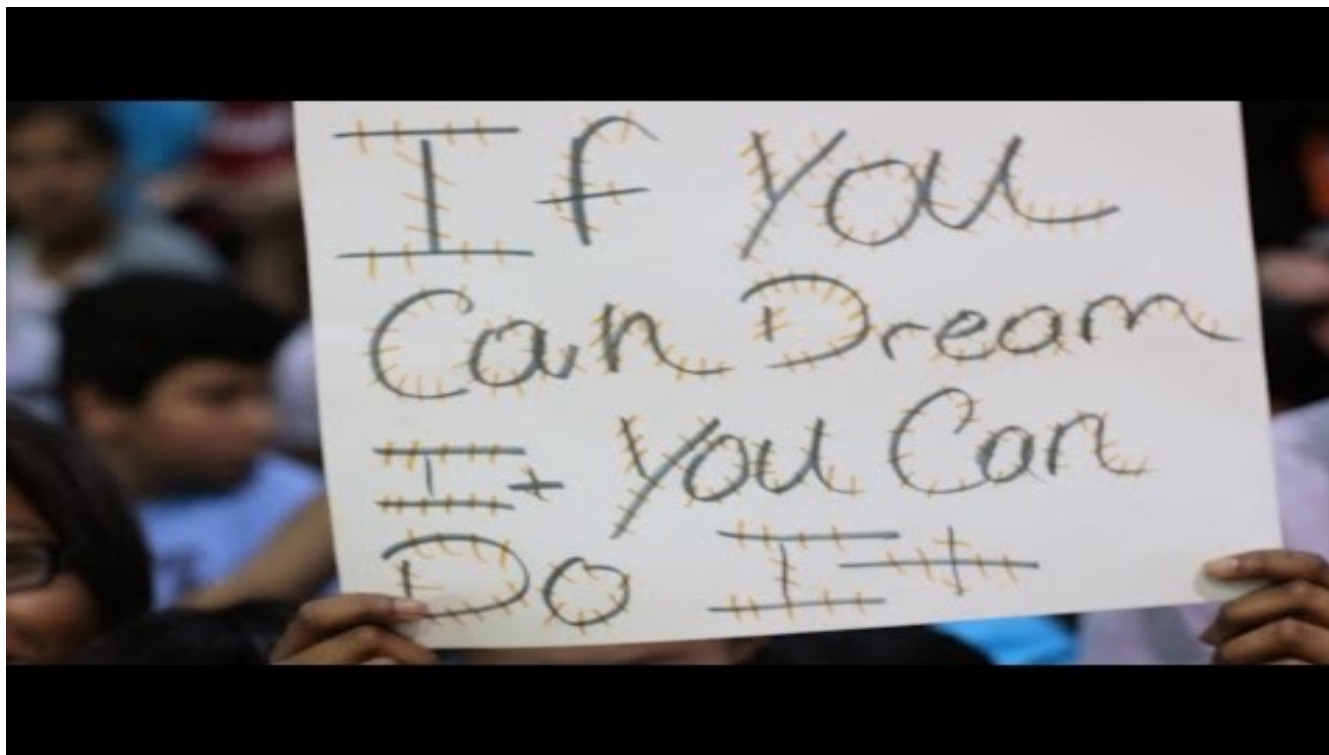
What are some examples of Universal Design?



Universal Design Goals



Commit to Inclusion



When planning an activity it is important to...

Incorporate elements of Universal Design as a proactive way to include children of all abilities.



Inclusive Recreation

Inclusive recreation means:

- **Full participation of all children in a program.**
- **Providing adaptations and supports, if necessary.**



What is an *Adaptation*?

Changes made to the environment, curriculum, and/or instruction based on an individual student's strengths and needs..

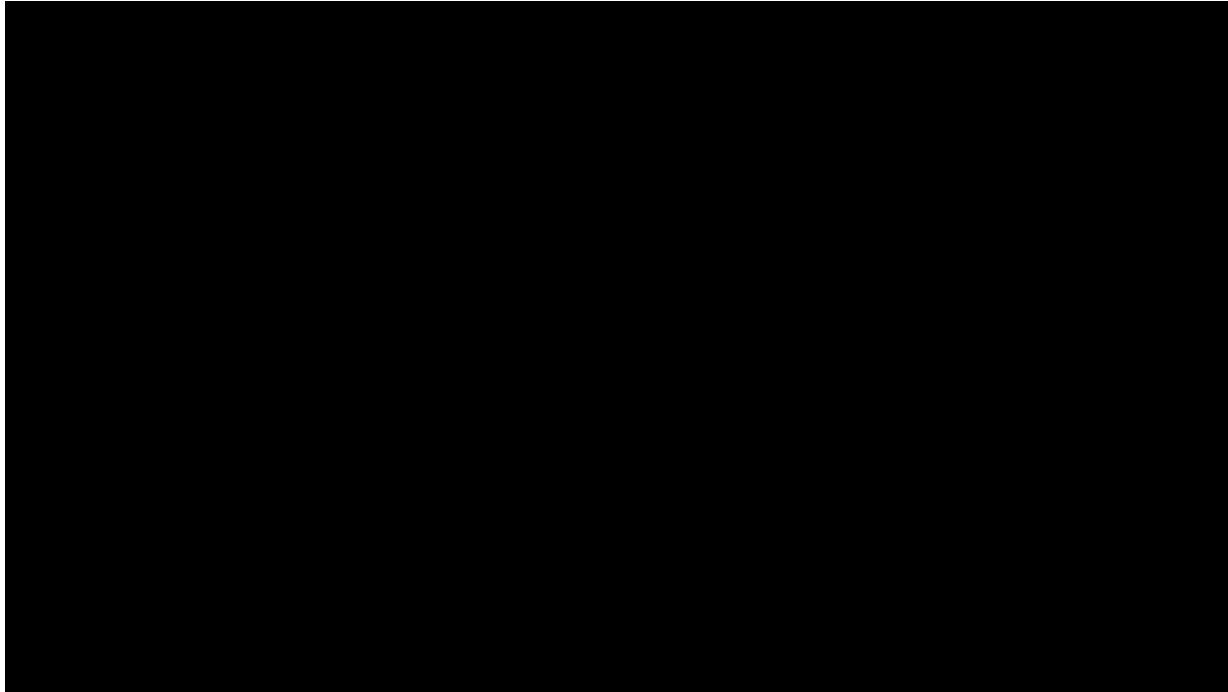


Adaptations for Sports

- Walking instead of running
- Have a wide selection of balls for throwing, catching and kicking
- Use a T-ball stand in baseball
- Lower volleyball net and/or basketball hoop



Inclusive Sports Recreation



Inclusive Sports Festival –University of Brighton



Group Activity

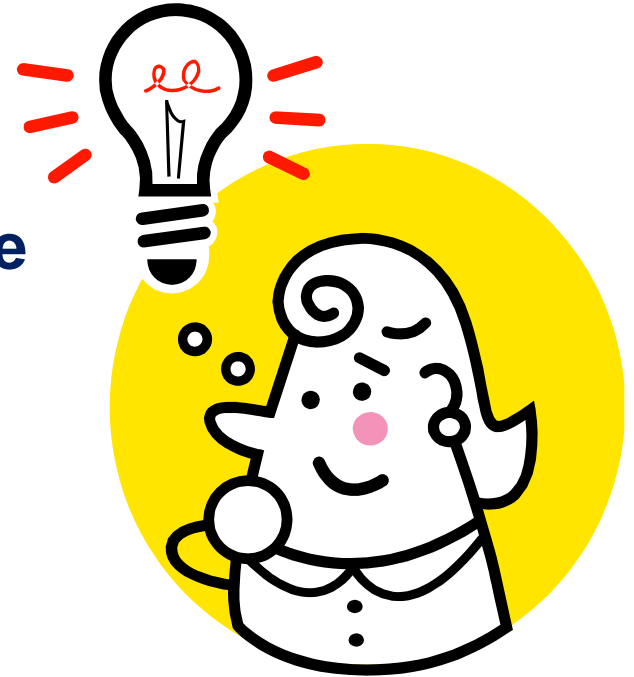
Sports

Let's Play



More Adaptations...

- Break down tasks into simple steps.
- Show/guide the person through the activity.
- Have children work with a partner or small groups.
- Allow for additional time.
- Reduce noise levels.
- Be creative! Think outside the box!





IMPORTANT THINGS to keep in mind when ADAPTING activities

- **Get to know your students' likes and dislikes (Getting to Know Me form)**
- **Use both visual and verbal cues when giving directions or rules**
- **Post rules and directions**
- **Promote cooperation instead of competition/elimination**
- **Allow participant to ease into the activity**
- **Get all participants involved!**





Task Analysis

Modeling





Shaping





Prompting



Positive Reinforcement





Scripting

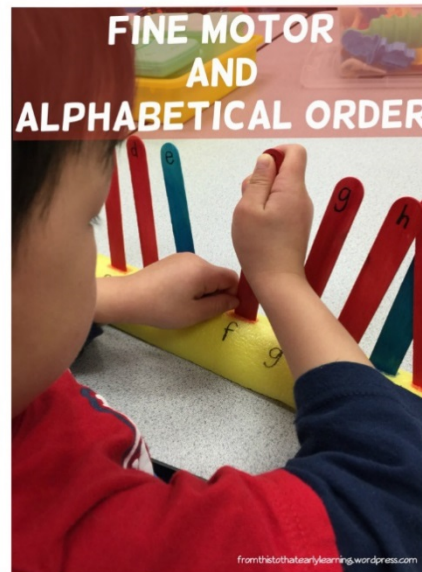
Gardening
You will need:

- Flower pot
- Spoon or trowel
- Some soil
- 2 or 3 bulbs
- Watering can



Thinking outside the box!

Pool Noodle Adaptations



Recreation is....

an activity that people engage in during their free time.



Play as Recreation



Inclusive Creative Performing Arts





Group Activity

Creative Drama

Let's Play



Adaptations for Table Games

- **Modify the rules of the game**
- **Change texture or laminate the games**
- **Change the number of players**
- **Consider how success is defined**



More Table Game Adaptations



- Remove smaller text



- Use larger materials

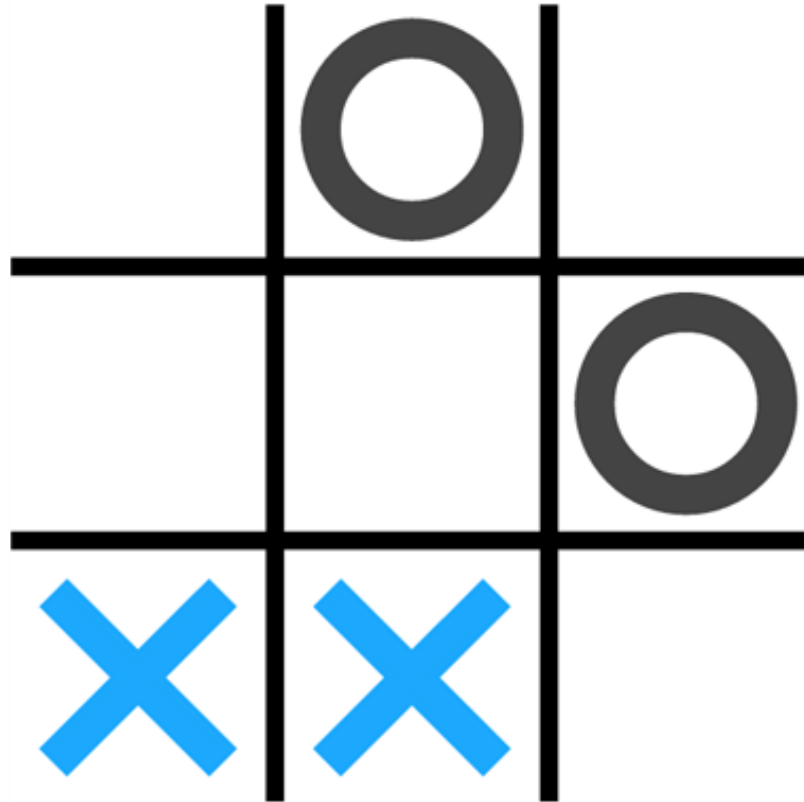


- Use markers, shapes and symbols for learners to understand the game, their role and expectations.



Task Analysis

Tic Tac Toe





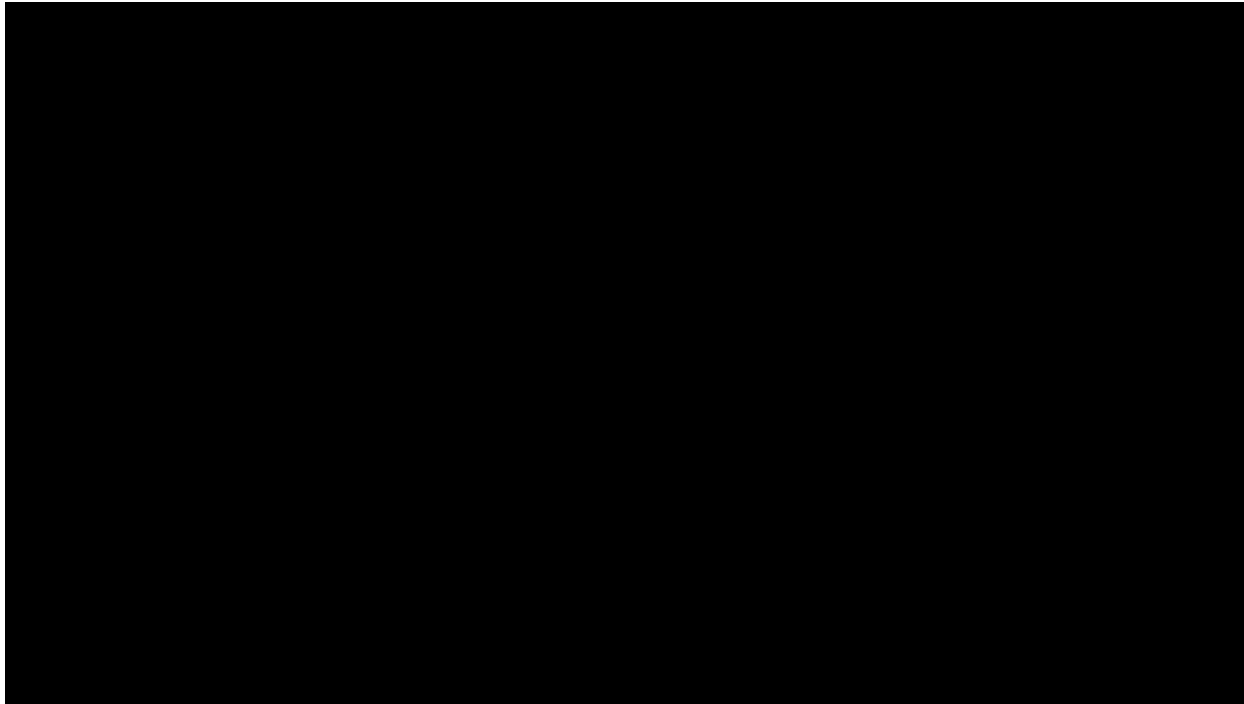
Group Activity

Table Games

Let's Play!



Inclusive Arts & Craft Recreation



Zot Artz Wheelchair Painting Miami-Dade, Florida



Adaptations for Arts and Crafts!



Group Activity

Arts and Crafts

Let's Play !



What are some benefits of Inclusive Recreation?

- **Helps develop friendships**
- **Creates social interaction opportunities**
- **Helps increase self-esteem**
- **Helps develop an understanding of appropriate play between peers**
- **Creates a mutual understanding of differences**



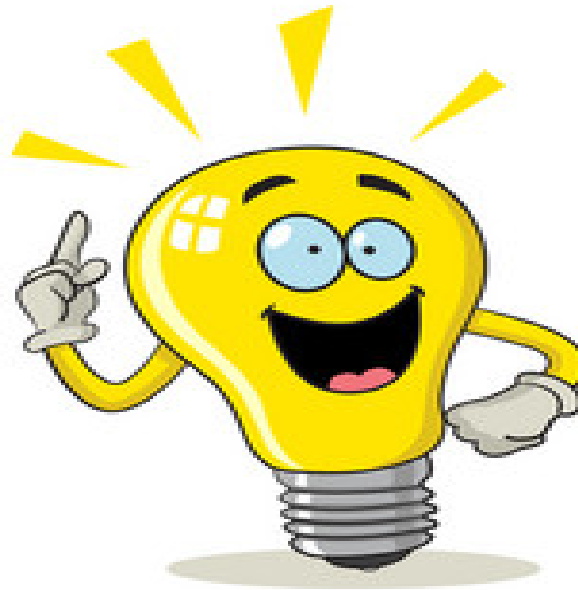
Lets Review!

- **Define Universal Design**
- **Identify the Benefits of Inclusive Recreation**
- **Make Accommodation for Children with Disabilities**
- **Develop and implement 5 inclusive recreational strategies**

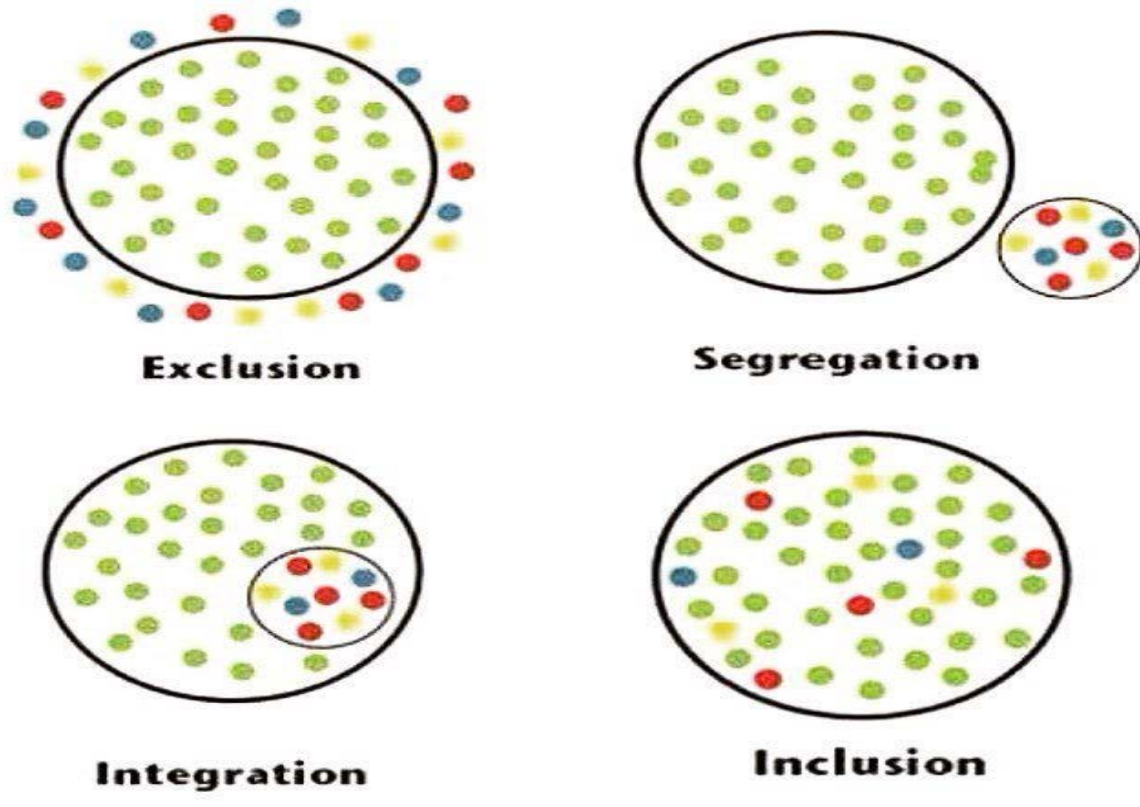


Think, Pair, Share

What adaptations and accommodations were the most helpful?



Importance Inclusive Recreation?



ALL Children Participate

Inclusion



Together we can make it happen!

Visit www.advocacynetwork.org and register to receive the NetNews e-newsletter or find additional information. Follow us @



The Advocacy
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Evaluation & Learning Assessment

